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Recovered memories and false memories

Deborah Davis and Elizabeth F. Loftus

Introduction

The concept of repressed memory has been around for at least a century. It is the notion that, as a defence mechanism, horribly traumatic experiences can be involuntarily banished into the unconscious, even for decades, yet at some later point return to awareness, unchanged, vivid, and accurate—protected from the ravages of time and immune to the normal laws of memory functioning and decay.

The idea of repression is everywhere. Characters in television shows, movies, and books repress memories of their dark pasts and recover them with the help from fictional therapists - using memory recovery tools such as hypnosis, guided imagery, or age regression. Or memories return in fragments until the full story bursts into memory in time to solve a crime, to prompt a long awaited reckoming, or to allow recovery from psychological problems. And national media discuss claims involving repressed memories of satunic abuse, witnessing murder, alien abduction, and other fantastical events, some disclosed by celebrities. Psychologists are exposed to the concept of repression in introductory psychology classes and throughout their careers. Moreover, the police use memory recovery techniques with witnesses and suspects. And innocent suspects confew to crimes they did not commit and did not remember when the police convinced them they 'repressed' the memory of committing the beingus act [1, 2].

Though the idea of repression and memory recovery had been part of cultural and professional zeitgeists for decades, controversy regarding the validity of so-called 'recovered memoriselose out in force during the late 1980s and early 1990s. Cases in which a memory allegedly 'repressed' for years, even decades, was 'recovered' fully intact and in detail formed the basis of widely publicized criminal charges ranging from sexual abuse to marder. Families were destroyed: personal caseers, reputations, and liberty were lost, and millions were spent on litigation of the claims.

Controversy regarding the reality of those claims was fuelled by several forces. For decades after Freud repudiated his initial view that many psychological problems were caused by child sexual abuse (CSA) by family members and theorized instead that the many accounts be heard in therapy were fantasies, CSA was widely considered to be rare and lacking in severe consequences. Changes to these assumptions began during the 1960s and 1970s among professionals and ferminist writers. At the same time, there were a number of widely publicated cases of alleged sexual abuse involving multiple children in day care centres across the country. In this context, new data were emerging that suggested that CSA had been occurring more frequently than previously assumed. Together, these forces significantly increased scholarly research on the topic (for reviews of this history, see [3, 4]).

Feminists adopted the view that CSA was a violent crime of rape, not simply an inappropriate sexual act. This encouraged the trauma perspective on CSA, emphasizing the severity of short- and long-term effects of abuse that took hold during the late 1970s and 1980s. Dozens of books (many by victims), news articles, movies, and television documentaries increased public awareness of the frequency of CSA (and specifically incest) and dramatically portrayed the proposed traumatic nature of abuse and the severity of its consequences [4].

Among such reports was that of actress Roseanne Barr in 1991 [5]. She appeared on the cover of Prople magazine, claiming recent recovery of memories of abuse by her mother in infancy and later her father, who continued to abuse her until she was 17. Also in Prople magazine that year was the story of former Miss America Manilyn Van Derbut, who claimed to have recovered repressed memories of abuse by her father [6]. Als. Magazine, perhaps the most prominent feminist publication of the time, published an issue with the cover BELIEVE TT Cult Ritual Abuse Exists (lamuary/February, 1993). The author described her mother as a Satamist and alleged activities such as witnessing multiple marders, cannibalization of her buly sisten, and others.

A mamber of self-help books focusing on the link between sexual abuse and repression were published during this time frame, claiming that sexual abuse was more common than recognized, that it is traumatic and therefore memories of abuse are often repressed, that these repressed memories are the source of many psychological problems (including multiple personality disorder), and that repressed memories can be brought back into consciousness, with the result that the psychological problems will resolve. Prominent among these were The Courage to Hoal [7], Scoret Sarvivors [8], and Repressed Memories: A Jearney to Receivery From Sexual Abuse [9].

Collectively, these influences encouraged many to self-diagnose repressed memories and/or to seek the help of therapists in recovering them, and led some therapists to focus on the possibility that repressed memories of sexual abuse were responsible for their

Recovered Memories And False Memories

Virginia Chapel

Recovered Memories And False Memories:

True and False Recovered Memories Robert F. Belli, 2011-11-18 Beginning in the 1990s the contentious memory wars divided psychologists into two schools of thought that adults recovered memories of childhood abuse were generally true or that they were generally not calling theories therapies professional ethics and survivor credibility into question More recently findings from cognitive psychology and neuroimaging as well as new theoretical constructs are bringing balance if not reconciliation to this polarizing debate Based on presentations at the 2010 Nebraska Symposium on Motivation True and False Recovered Memories Toward a Reconciliation of the Debate assembles an expert panel of scholars professors and clinicians to update and expand research and knowledge about the complex interaction of cognitive emotional and motivational factors involved in remembering and forgetting severe childhood trauma Contrasting viewpoints elaborations on existing ideas challenges to accepted models and intriguing experimental data shed light on such issues as the intricacies of identity construction in memory post trauma brain development and the role of suggestive therapeutic techniques in creating false memories Taken together these papers add significant new dimensions to a rapidly evolving field Featured in the coverage The cognitive neuroscience of true and false memories Toward a cognitive neurobiological model of motivated forgetting The search for repressed memory A theoretical framework for understanding recovered memory experiences Cognitive underpinnings of recovered memories of childhood sexual abuse Motivated forgetting and misremembering perspectives from betrayal trauma theory Clinical and cognitive psychologists on all sides of the debate will welcome True and False Recovered Memories as a trustworthy reference an impartial guide to ongoing controversies and a springboard for **Recovered Memories and False Memories** Martin A. Conway, 1997 The question of whether memories future inquiry can be lost particularly as a result of trauma and then recovered through psychotherapy has polarised the field of memory research This is the first volume to bring together leading memory researchers and clinicians with the aiming of facilitating a resolution to this question The volume offers a unique and timely summary of the theories of memory recovery and how false memories may be created Some of the first research relating to the phenomenal characteristics of memory recovered is reported in detail suggesting important avenues for new research Theories of autobiographical memory implicit memory reminiscence and the effects of repeated recall on memory are included Recovered memories and false memories provides the most current and authoritative thinking in this area and will be an essential sourcebook for memory researchers and psychotherapists Return of the Furies Hollida Wakefield, Ralph C. Underwager, 1994 Recovered memory therapy which has become a rapidly growing industry in the past ten years is based on the controversial theory that adults often suffer emotional problems because of forgotten childhood traumas People who experience everyday difficulties like anxiety of overeating are now often told by therapists that the root of their trouble is a repressed memory of abuse in childhood The cure is to bring back the memory a process that usually takes many months and then publicly humiliate the alleged

perpetrators of the abuse most often the victim's parents But are the supposed memories recovered in therapy genuine Or are they concocted by therapists and clients in the course of therapy Attempts to find independent corroboration of recovered memories have drawn a blank Contrary to folklore there is not a shred of scientific evidence for the notion that a memory can be repressed and there is plenty of evidence that false memories can be created The Recovered Memory/false Memory Debate Kathy Pezdek, William P. Banks, 1996 Examining the validity of recovered memories of past events which are of sexual abuse and other traumatic experiences this study asks are these memories real Examples from current literature as well as report from the American and British Psychological Associations are included Monsters Richard Ofshe, Ethan Watters, 1996-01-01 In the last decade reports of incest have exploded into the national consciousness Magazines talk shows and mass market paperbacks have taken on the subject as many Americans primarily women have come forward with graphic memories of childhood abuse Making Monsters examines the methods of therapists who treat patients for depression by working to draw out memories or with the use of hypnosis to encourage fantasies of childhood abuse the patients are told they have repressed Since this therapy may leave the patient more depressed and alienated than before questions are appropriately raised here about the ethics and efficacy of such treatment In the last decade reports of incest have exploded into the national consciousness Magazines talk shows and mass market paperbacks have taken on the subject as many Americans primarily women have come forward with graphic memories of childhood abuse Making Monsters examines the methods of therapists who treat patients for depression by working to draw out memories or with the use of hypnosis to encourage fantasies of childhood abuse the patients are told they have repressed Since this therapy may leave the patient more depressed and alienated than before questions are appropriately raised here about the ethics and efficacy of such treatment The Myth of Repressed Memory Elizabeth Loftus, Katherine Ketcham, 2013-06-25 According to many clinical psychologists when the mind is forced to endure a horrifying experience it has the ability to bury the entire memory of it so deeply within the unconscious that it can only be recalled in the form of a flashback triggered by a sight a smell or a sound Indeed therapists and lawyers have created an industry based on treating and litigating the cases of people who suddenly claim to have recovered memories of everything from child abuse to murder This book reveals that despite decades of research there is absolutely no controlled scientific support for the idea that memories of trauma are routinely banished into the unconscious and then reliably recovered years later Since it is not actually a legitimate psychological phenomenon the idea of recovered memory and the movement that has developed alongside it is thus closer to a dangerous fad or trendy witch hunt **Recovered Memories** Graham M. Davies, Tim Dalgleish, 2003-01-10 The phenomenon of recovered memories has excited much controversy in recent years amongst professionals with extreme positions being held either all such memories are by definition false or any such claim is an attempt to deny the victims of abuse their rights to confront their abusers In this refreshing new approach to the problem

Graham Davies and Tim Dalgleish have assembled leading figures from both sides of the debate to provide a balanced overview of empirical evidence as well as evidence from clinical practice Recovered Memories Seeking the middle ground unlike most other writing on the topic eschews extreme positions. It provides clinicians with findings from the latest research to enhance their understanding of memory and presents pure researchers with a range of experiences encountered in clinical practice for which they presently have few explanations Topics include the impact on family and community members the latest findings on implanted memories and discussion of clinical guidelines for therapeutic practice to avoid potential influence on memory Having weighed the evidence a framework is offered in which true and false recovered memories are seen as the inevitable compliment of true and false continuous memories. This important new collection should not be missed by anyone with an interest in memory whether engaged in a clinical legal child protection family welfare or experimental research capacity It is the most authoritative and comprehensive review of the evidence on both sides available to date

Recovered Memories? Repressed Memories? False Memories? Virginia Chapel, 2020-02-15 Previously published as The Glorious Path Through Recovered Memories and Back by Virginia Stirling Chapel This memoir spans almost three decades during which recovered memories of alleged childhood sexual abuse secretly shattered a well respected Southern family The memoir is set in a North Carolina tobacco town where racism poverty and mental illness run deep Stirling Chapel s father was a Southern small town philanthropic hero even though his own history which included extreme poverty and a schizophrenic first wife who had been lobotomized remained a closely guarded family secret In the early 1990s Savannah Stirling's father's daughter from his first marriage a therapist then in her fifties recovered a memory of their father molesting her as a baby During that same period Savannah's daughter recovered a memory of being molested by him at the age of two As his health declined in the late 1990s Stirling sat by her father s bedside looking for telltale signs that he had indeed molested all three of them She now brings to light the inner life of a family that has been haunted by these accusations behind closed doors for decades and her own painstaking search for the truth The accuracy and viability of repressed or recovered memories have been acrimoniously debated among mental health professionals and scientists Although claims based on recovered memories may not now make it into the court system the guilty and the innocent have been and are tried within families This memoir illustrates many facets of this controversy while illuminating the myriad issues inherent in a Trauma and Memory Linda Williams, Victoria L. Banyard, 1999 Clinical practice and legal debate that is alive and well issues in trauma and memory Mental health and memories of traumatic events Cognitive and physiological perspectives on trauma and memory Evidence and controversies in understanding memories for traumatic events **Psychology** Don H. Hockenbury, Sandra E. Hockenbury, 2002-07-19 New edition of the Hockenburys text which draws on their extensive teaching and writing experiences to speak directly to students who are new to psychology Clinical Assessment of Malingering and <u>Deception</u>, Third Edition Richard Rogers, 2008-05-21 Widely regarded as the standard reference in the field this book

provides essential tools for understanding and assessing malingering and other response styles in forensic and clinical contexts An integrating theme is the systematic application of detection strategies as conceptually grounded empirically validated methods that bridge different measures and populations Special topics include considerations in working with children and youth From leading practitioners and researchers the volume reviews the scientific knowledge base and offers best practice guidelines for maximizing the accuracy of psychological and psychiatric evaluations Coanitive Psychology Michael W. Eysenck, Mark T. Keane, 2005 This fifth edition of the best selling international cognitive psychology textbook has been substantially updated and restructured to reflect new developments in cognitive psychology and made more student friendly Established approaches covered in depth include Experimental cognitive psychology Cognitive science with its focus on modelling Cognitive neuropsychology with its focus on cognition following brain damage Extensive new material in this edition includes Cognitive neuroscience approaches such as brain scanning and imaging studies which illustrate the principles of brain function New material on consciousness Throughout the new material is fully integrated with more traditional approaches to create a comprehensive coherent and totally current overview of perception attention memory concepts language problem solving judgement and reasoning A two colour design plus a rich array of supplementary multimedia materials make this edition more accessible and entertaining for students The multimedia materials include A PowerPoint lecture course and MCQ Test Bank free to qualifying adopters A unique web based Student Learning Program This is an interactive revision program incorporating a rich array of multimedia resources including interactive exercises and demonstrations and active reference links to journal articles This is offered on a subscription basis to departments adopting the text A free demonstration of a sample chapter is available to potential subscribers at http www psypress com ek5

Trauma and Memory Paul S. Appelbaum, Lisa A. Uyehara, Mark R. Elin, 1997-05-29 The authenticity of memories of childhood sexual abuse has become one of the major social controversies of the 1990 s As persons who report histories of abuse have sought remedies in civil and criminal proceedings in the courts the accuracy of their memories particularly when they have been recalled after a period of time has been subject to intense scrutiny This volume brings together many of the leading participants in the debate to provide a comprehensive picture of the psychological physiological and legal aspects of trauma Beginning by defining the opposing positions in the debate the contributors then offer a variety of perspectives on the nature of memory including reviews of some of the most exciting recent developments in this fast growing area of investigation Next consideration is given to the impact of trauma on memory both in adults and in children With this framework in place the authors turn to an examination of the variety of treatment approaches available to victims of trauma who are trying to cope with the painful consequences of those events The book argues against a unidimensional approach to trauma calling instead for a multidisciplinary synthesis that includes developmental neurobiological cognitive and psychodynamic perspectives Chapters address the legal dilemmas for patients mental health professionals and society as a

whole that have arisen from the trauma and memory controversy Most importantly the editors shift the focus of their discussion from the laboratory to the courtroom and from the research journal to the psychotherapist s office looking at the issues from every relevant angle This is the only book in the field to treat the trauma and memory controversy comprehensively from basic research on memory processes through clinical approaches to legal and policy issues Trauma and Memory is a valuable tool for clinicians treating patients with traumatic memories It is also intended for psychologists physicians social workers and lawyers who need a comprehensive reference on trauma and sexual abuse during childhood

Memory and Suggestibility in the Forensic Interview Mitchell L. Eisen, Jodi A. Quas, Gail S. Goodman, 2001-09 This work offers an overview of our understanding of children's and adults eyewitness capabilities. The authors provide an insight into the social cognitive developmental and legal factors that affect the accuracy and quality of information obtained in forensic interviews The Impact of Internal and External Influences on Memory and their Relevance to Legal **Decisions** Fabiana Battista, Antonietta Curci, Ivan Mangiulli , Henry Otgaar, 2024-08-02 The fallibility of memory has been often demonstrated A plethora of studies has focused on external influences that can affect memory reports such as suggestive questioning Adopting different paradigms e g misinformation memory conformity the recurrent pattern of findings of these studies is that suggestion can make people prone to falsely recall details that were never experienced i e commission errors false details In addition suggestion can make them unable to recall truly experienced events or event related details However internal influences can also affect memory One such internal influence is deception In the last decade several studies have investigated how memory can be affected by deception Specifically these studies have shown that a person who has intentionally deceived the listener about an experienced event subsequently when the person comes forward with the truth shows an impaired memory for such an event This line of research examined the detrimental effects on memory by taking into account different strategies to deceive e g false denials feigned amnesia and fabrication and found that the memory outcomes due to deception can vary based on the strategy used to deceive A number of studies has also demonstrated that another type of deception known as self deception can influence our memory. This strategy relies on the act of deceiving our own selves and seems to reduce the recall of negative memories. The understanding of the effects of external e g suggestion and internal e g deception self deception on memory is important not only in order to gain more fundamental information on how memory works but also because of the relevance of memory functioning within the legal context Memory distortions for example inaccurate eyewitness testimony can lead to impactful legal decisions such as wrongful convictions Several studies have underlined the harmful consequences of distorted statements Additional support is found in databases from various worldwide associations who strive to obtain fair justice for people involved in wrongful convictions cases for instance www innocenceproject org Therefore it is important that researchers continue to provide evidence on the mnemonic impact of internal and external factors that influence legal practitioners to help avoid

miscarriages of justice The Myth of Repressed Memory Elizabeth F. Loftus, Katherine Ketcham, 1994 Explains the theory behind recovered memory therapy argues that there is no scientific support for the theory and describes the impact of The Corsini Encyclopedia of Psychology, Volume 4 Irving B. Weiner, W. Edward Craighead, 2010-01-19 Psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science The Corsini Encyclopedia of Psychology Volume Four has been the reference of choice for almost three decades This indispensable resource is updated and expanded to include much new material It uniquely and effectively blends psychology and behavioral science The Fourth Edition features over 1 200 entries complete coverage of DSM disorders and a bibliography of over 10 000 citations Readers will benefit from up to date and authoritative coverage of every major area of psychology 21st Century Psychology: A Reference Handbook Stephen F. Davis, William Buskist, 2008 Highlights the most important topics issues questions and debates in the field of psychology Provides material of interest for students from all corners of psychological studies whether their interests be in the biological cognitive developmental social Forensic Psychology Graham M. Davies, Anthony R. Beech, 2012-04-23 Forensic Psychology is or clinical arenas essential reading for all undergraduate courses in forensic psychology and an excellent introduction for more detailed postgraduate courses Expert authors cover every aspect of forensic psychology from understanding criminal behaviour to applying psychological theory to criminal investigation to analysis of the legal process and the roles of witnesses to the Comprehensive Review of Psychology Vincent Filingeri, 2011-10-03 Comprehensive Review of treatment of offenders Psychology CRP was written for students It covers all of the important areas of psychology found in an introductory psychology course The areas covered include approaches methods biological basis of behavior sensation perception consciousness learning memory cognition intelligence motivation emotion developmental psychology personality health psychology abnormal psychology therapies social psychology industrial organizational psychology and statistics The reader of the CRP will notice some significant differences between this book and other review books Comprehensive Review of Psychology fills the gap between those review books that lightly touch on the important concepts and those books that are not complete in both content and subject areas of psychology Comprehensive Review of Psychology serves as a valuable learning tool for high school undergraduate and graduate students It is an aid in the preparation for the College Board s College Level Examination Program CLEP Advanced Placement Examination AP in Psychology and the Educational Testing Service's Graduate Record Examination GRE The reader of the CRP will understand psychology better and perform well on any psychology examination

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